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Veterans Administration

# UPPER GASTROINTESTINAL X-RAY (Upper G.I.)

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Information for Outpatients and Inpatients

Radiology Service

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## PREPARATION

It is very important that you have nothing to eat or drink for at least 10 hours before this exam. This includes smoking and chewing gum as they increase stomach juices. Any food or liquids in your stomach will prevent the barium or *"contrast medium"* from coating the stomach walls.

**"Barium Contrast Medium"**

**IS A CHALKY LIQUID WHICH YOU SWALLOW FOR G.I. SERIES.**

**SHOWS UP YOUR INSIDES BETTER FOR THE DOCTOR TO STUDY.**

**IF YOU ARE AN IN-PATIENT:**

Your nursing staff will schedule your X-ray and alert you to the time of day of the procedure.

**IF YOU ARE AN OUT-PATIENT:**

Your X-ray examination is at ____ am/pm

Date: _____

The X-ray Department is on 2nd floor, D&T Bldg., Room 2D-100

The above time and date are being reserved specifically for you. Please notify the X-ray Department if you are unable to keep your appointment. 764-2444

## DAY OF THE EXAM

1. When you go to the X-ray Department an X-ray will be taken of your stomach area.

2. While standing, you will be asked to drink some of the barium *"contrast medium"* which is a chalky strawberry flavored liquid.

3. Pictures or X-rays will begin to be taken by the fluoroscope (floor-a-SCOPE) machine as the barium *"contrast medium"* moves along from your mouth to your stomach. The fluoroscope machine will make a whining noise.

**"Fluoroscope"**

**LETS THE DOCTOR "LOOK THROUGH YOU" TO SEE WHAT'S GOING ON INSIDE**

4. The doctor, who is the radiologist (ray-de-ALL-o-gist), will tilt the upright table you are on and ask you to continue drinking the barium while more pictures or X-rays are taken.

5. You will be asked to turn in various directions to be sure your stomach is properly coated. Several more X-ray pictures will be taken during this time. The whole process can be expected to take 30 to 60 minutes. Feel free to ask questions during the procedure.

## AFTER THE EXAM

1. Upon finishing, you will be asked to be seated in the waiting room while the radiologist finishes reading the X-ray.

2. On occasion, some patients experience constipation. It is important that you drink plenty of fluids, especially fruit juices. This will help *"flush"* your system of the barium. You may also want to take a laxative. Your stools will be white until you pass all the barium contrast medium. There should be no other side effects.

3. A report of your examination will be reviewed by your doctor who can explain the findings to you. We encourage you to ask about the results of your X-rays.

**IF YOU ARE AN IN-PATIENT:**

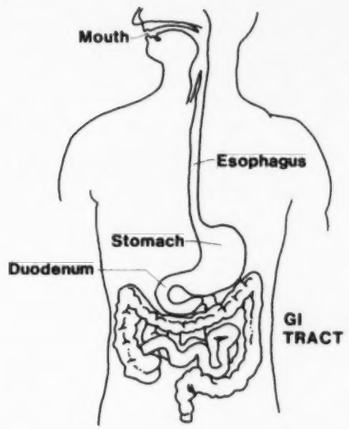
IF YOU HAVE QUESTIONS OR CONCERNS, PLEASE ASK YOUR NURSING STAFF.

**IF YOU ARE AN OUT-PATIENT:**

IF YOU ARE AN **OUT-PATIENT**, PLEASE CALL THE PATIENT EVALUATION CENTER 764-2600

# INTRODUCTION

You are scheduled for an X-ray of your gastrointestinal (GAS-tro-in-TEST-inal) or GI tract.




This means that after you swallow a barium liquid called *"contrast medium,"* X-rays will be taken of your esophagus, stomach and the first part of the small bowel called the duodenum. The *"contrast medium"* shows up on the X-rays and makes it easier to see your organs.

**"X-Ray"**
**IS A PERMANENT PICTURE OF BONES TISSUES, OR ORGANS. IT LOOKS LIKE A PHOTOGRAPH NEGATIVE**

**"Radiologist"**
**A DOCTOR WHO SPECIALIZES IN X-RAY TESTING, X-RAY PROCEDURES AND X-RAY DIAGNOSIS**

Patient Education Committee
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